

CHICKEN FAJITAS

(Half Recipe)

Ingredients:

2 Skinless, boneless chicken breasts - cut into strips

1/2 Bell Pepper Sliced in strips

1/2 Onion thinly sliced

2 T Vegetable Oil

1/2 Package of LAWRY'S Chicken Fajita Seasoning

Four Tortillas

Sour Cream and Salsa

Preparation:

- _____ 1. In medium skillet, heat 1 T vegetable oil.
- _____ 2. Saute the thinly sliced onion and strips of bell pepper until tender.
- _____ 3. Remove the vegetables from the skillet, (place them on a plate) and set aside.
- _____ 4. In the same pan, place strips of chicken and 1 T. oil. Brown the chicken thoroughly. (using medium heat) About 5 minutes.
- _____ 5. Add the Lawry's spices and add 2 T of water.
- _____ 6. Mix thoroughly. Heat to a boil; reduce heat and simmer, uncovered 3 to 5 minutes, stirring occasionally.
- _____ 7. Return the vegetables to the pan to heat.

To Serve:

Prepare a fresh warm tortilla on a plate. Place a serving of Chicken Fajita mixture in the center. Add sour cream, shredded cheese, or salsa if desired. Roll up like a taco or burrito and ENJOY!

- _____ 8. CUT VEGETABLES UP FOR SALAD AND ARRANGE IN INDIVIDUAL BOWLS.